

NATURAL ALLERGY REMEDIES



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Are you a person who suffers from allergies? If so, you may be looking for ways to seek relief.

Most people turn to over-the-counter medications. While these medications do work, in most cases, there are many people who are concerned with exactly what it is they are putting into their bodies.

If you are one of those people, you will want to continue reading on. A number of natural allergy remedies are highlighted below.



In addition to being considered natural allergy remedies, many are also known as home remedies for allergies.

One natural allergy remedy that comes highly rated and recommended is that of apple cider vinegar.

Often times, the only complaint that most have with apple cider vinegar is the taste.

However, it is not only known as a natural remedy to treat allergies.

Many also use it to assist with weight loss, high blood pressure, and high cholesterol.



Most people using **apple cider vinegar** to treat allergies recommend taking two tablespoons a day.

Mixing it with juice or water is also advised, which can assist with taste issues.

Red clover is another natural allergy remedy.

What is nice about using red clover to treat your allergy symptoms is all of the options that you have, as red clover is available in a wide range of formats.



With that being said, most allergy sufferers recommend red clover tea.

Red clover wine and red clover herbal supplements, which come in the format of pills, are also available for sale both on and offline.

Carefully choosing the foods which you consume is another natural way to reduce or treat the symptoms of allergies. **Lime squeezed into water** has been known to assist those with allergies.

Vegetable juices and **bananas** also come highly rated and recommended.



Acupuncture is an ideal way to treat and relieve the symptoms of allergies.

According to WebMD, a trusted medical website, acupuncture helped to reduce all allergy symptoms in a study performed on twenty-six patients.

If you are interested in giving acupuncture a go, consider contacting your local health spas, as many offer alternative healing approaches.

If acupuncture is not a service offered, you may be provided with contact information for another local practitioner.



In addition to the above mentioned natural allergy remedies, there are also steps that you can take to prevent the onset of allergies or steps that you can take to reduce these symptoms.

Most of these helpful tips can still be considered natural allergy remedies, but in a different sense.

Also, these additional tips, a few of which are outlined below, are for just about anyone suffering from allergies, as they are affordable and easy to implement.



For pet allergies, stay a safe distance away from pets. With that said, if you are a pet owner who cannot bear to part with your beloved pets, be sure to keep them out of your bedroom, as this is where you spend most of your time.

Since mould is a common trigger factor for allergies, it is important to take steps to remove mould from your home or prevent it from growing.

Limiting the humidity in your home is a great way to reduce or completely prevent mould growth.



Use a bathroom fan or open a bathroom window when taking a shower, to reduce mould growth in the bathroom.

If you already have mould in your home, contact a professional to inquire about a mould removal.

Until that time comes, be sure to avoid areas in your home where mould is present.

The above mentioned natural allergy remedies are just a few of the many that allergy sufferers recommend, but they are a few of the most popular approaches taken.



As a reminder, it is important to remember that natural remedies and home remedies work differently on different people.

If you do not see the success that you had hoped for, not all hope is lost, as there should be another natural allergy remedy out there that can provide you with relief.

Have a look around our healing portal to learn about allergy treatments. You may find that your allergy is an emotional response rather than a physical response a stimuli. Once you know the cause, you will find the best treatment for you.

**This Ebook was written for
Global Healing Exchange**

